MICHIGAN STATE UNIVERSITY EXTENSION
MACOMB COUNTY
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Healthy Bites

Information To Improve the Selection and Use Of Foods In Your Home

Flavor: A Matter of Taste

Volume XXVII

Salt is one of the four basic taste qualities—sweet, sour, bitter and salty. So, it is no wonder that historically salt has been the most valued flavor enhancer in our society. Despite its marked placed in our kitchens, many healthy authorities have recommended that individuals limit their salt intake to no more than 2400 mg per day. The average American consumes 4000 mg per day. It is estimated that nearly one in four Americans have hypertension and middle-aged Americans have a 90% chance of developing high blood pressure at some time during their lifetime.

Sources of Salt and Sodium in your diet

While some foods naturally contain sodium, most of the sodium in the typical American diet comes from salt added to foods during processing or preparation. Food processors add salt or other sodium derivatives during production as a preservative and for flavor. Popular foods with high sodium content include pickled foods, canned vegetables and soups, snack foods, cured meats, packaged mixes and frozen dinners. To moderate your sodium intake from processed food, read the Nutrition Label on food packages. Look for no added salt or low sodium versions of your favorite foods.

Salt Free Season Guide

Vegetables— try using lemon pepper, onion or herb salt free seasoning.

Beef—steak grilling blend or garlic and herb salt free seasoning.
Fish—mesquite grilling blend or lemon pepper.
Lamb, Pork or Poultry—garlic & herb, Italian salt free seasoning or lemon pepper.

Experts recommend that your diet should be lower in salt and sodium, this does not mean that you have to restrict your food choices or compromise the flavor of food. Simply by altering an existing recipe using herbs, spices and salt-free seasoning blends provides satisfying flavorful and healthier dishes.

Source: ADA/www.eatright.org

Word Wise

Limit Salt Intake

The average American consumes 4000 mg per day. It is estimated that nearly one in four Americans have hypertension. Middle-aged Americans have a 90% chance of developing high blood pressure some time during their lifetime.

Source: ada/www.eatright.org

Orange cranberry Sauce

Ingredients:
2 large oranges
3/4 cup water
1/4 cup fresh orange juice
1 cup granulated sugar
2 cups fresh cranberries (12 oz bag)

Directions: Rinse the cranberries and discard any shriveled or mushy cranberries. Squeeze the juice from one half of one orange to produce the 1/4 cup of fresh orange juice. Peel, seed and cut up the remaining orange halves.
Pour the water and orange juice in a sauce pan with the sugar, stirring over medium high heat until the sugar dissolves. Add the berries and oranges. Reduce heat to medium simmer until the sauce starts to thicken and the cranberries have burst, about 10 minutes. Chill in refrigerator, covered, until ready to serve.

Source: Dolerecipes.com

As Food and Nutrition Extension Educator I welcome your thoughts and ideas for upcoming issues of *Healthy Bites*.

RAISING A FIT PRESCHOOLER

Preschoolers have a lot of energy, and they're able to use it in a more organized way than when they were toddlers. Instead of just running around in the backyard, a preschooler has the physical skills and coordination to ride a tricycle or chase a butterfly.

Preschoolers are also discovering what it means to play with a friend instead of just alongside another child, as toddlers do. By having an opportunity to be around other children, your preschooler will be able to gain important social skills, such as sharing and taking turns. No doubt there will be disputes, but by the time your child is preschool-age, he or she can learn to cooperate and interact during play.

Helping Your Child Learn New Skills

Preschool-age children are developing important motor skills as they grow. Some of the new skills your preschooler may be showing off include hopping, jumping forward, catching a ball, doing a somersault, skipping, and balancing on one foot for 5 seconds or longer. You can help your child practice these skills by playing and exercising together.

When you go out for a family walk, your preschooler may complain, "I'm tired!" Most likely, your child isn't tired - just bored. A brisk walk may be dull to a young child, but there are ways to liven up your family stroll and help encourage your child to master old skills and develop new ones. Here are some things you may want to try:

- Make your walk a scavenger hunt by giving your child something to find, like a red door, a cat, a flag, and something square.
- Sing songs or recite nursery rhymes while you walk.
- Mix walking with jumping, racing, hopping, and walking backwards.
- Make your walk together a mathematical experience as you emphasize numbers and counting: How many windows are on the garage door? Do you see any number threes?

These kinds of activities are fun but also help to prepare children for school.

How Much Activity Is Enough?

Every day, preschoolers should have at least 60 minutes of physical activity that's structured, meaning it's organized by you or another adult. In addition, preschoolers should get at least 1 hour - and up to several hours - of free play. Preschoolers should not be inactive for more than 1 hour at a time, unless they are sleeping. It's important to limit TV (including videos and DVDs) and computer time to no more than 1-2 hours per day.

Good games for your growing preschooler:

- Play follow the leader.
- Kick a ball back and forth.
- Practice balance by pretending to be statues.
- Play freeze dance.

Source: kidshealth.org

CHECK THE LABEL

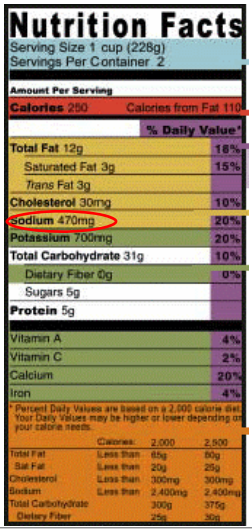
Know the Label Lingo

Sodium free– a product that contains 5 milligrams of less of sodium per serving.

Very low Sodium– a product that contains 34 milligrams or less of sodium per serving.

Low Sodium—a product that contains 140 milligrams or less of sodium per serving.

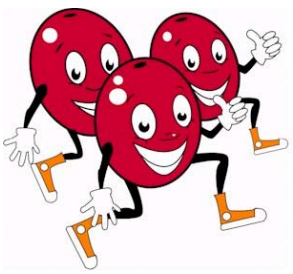
Reduced Sodium—a product that the usual sodium level was reduced by at least 25%.



Source: USDA

**CRANBERRIES TRIVIA **

- Native Americans used cranberries to make pemmican—high protein combination of crushed cranberries, dried deer meat and melted fat.
- Cultivation of the cranberry began around 1810 in Dennis, Massachusetts.
- Today we eat cranberry sauce with turkey, cranberries are a unique fruit.
- They grow on vines in impermeable beds layered with sand, peat, gravel and clay. These beds are commonly known as “bogs.”



Source: Give me 5 Trivia

Safe Food Handling

Hotline Answers "Panic Button" Food Safety Questions

Help! I'm having 20 people over for dinner and I think I cooked the meat wrong!" The USDA Meat Poultry Hotline receives similar calls every day about the safety of food. During the holidays, people are busy and sometimes forget that improper handling and cooking can lead to foodborne illness. Here are some questions callers have asked regarding the safety of their holiday foods.

Q. "I purchased a raw stuffed turkey from my local grocery store in the deli department. One of my houseguests said it's not safe to cook and eat it. Is she right?"

A. Your houseguest must be well-informed on food safety. She's right: DO NOT USE IT! The USDA *does not* recommend purchase or use of commercially pre-stuffed raw turkeys or chickens. Whole turkey and chicken should be stuffed immediately before putting the poultry in the oven. We recommend discarding or returning the product to the store where purchased.

Q. " What should I do? I put a 20 lb turkey in a 200° oven before I went to bed last night, and the pop-up timer says it's already done at 7:30 this morning. We won't be eating until 3 p.m."

A. You have two problems here. **First,** overnight cooking of meat at a low temperature isn't a safe method so we don't recommend using this turkey. It's not safe to cook any meat or poultry in an oven set lower than 325 °F. At 200 °F, meat remains in the "Danger Zone" (between 40 and 140 °F) where bacteria multiply rapidly and can form toxins. **Secondly**, holding a properly cooked turkey at a safe temperature (140 °F or above) for more than a couple of hours will dry it out and ruin the quality. If a safely cooked turkey must be held from 7:30 a.m. to 3 p.m., it should be carved and refrigerated in shallow, loosely covered containers and served cold or reheated at mealtime.

Q. "My aunt has a holiday party every year. It lasts all afternoon and into the evening. She leaves food sitting out on the table for hours. I have small children and am concerned that they could get sick if they eat it. What should I do?"

A. You're right to be concerned about your children. They, as well as pregnant women, elderly people and persons with chronic illness stand a greater chance of getting sick from food poisoning and suffering complications. Everyone should avoid perishable foods which are not either kept cold or hot. Hopefully your aunt will have some hot foods kept hot (above 140 °F) in a chafing dish, slow cooker, or warming trays. Cold foods are safe if kept cold (below 40 °F) nestled in bowls of ice or replaced often from the refrigerator. You can offer your child these with confidence. Breads, cookies and cakes are, of course, safe to eat.

Q. "I baked some pumpkin pies over the weekend to serve tomorrow on Thanksgiving. They've just been sitting on the counter. Should I have refrigerated them?"

A. Yes. Foods made with eggs and milk such as pumpkin or custard pies and cheesecake must first be safely baked to at least 160 °F. Then, they must be refrigerated after baking. Eggs and milk have high protein and moisture content and when these baked products are left at room temperature, conditions are ripe for bacteria to multiply. It's not necessary to refrigerate most other holiday cakes, cookies or breads unless they have a perishable filling or frosting.

For further information on food safety contact - USDA Food Safety & Inspection Meat, Poultry or Eggs 1-800-535-4555 or ask Karen, USDA Virtual Hotline www.fsis.usda.gov/food_Safety_Education/Ask_Karen/index.asp

Source: USDA

Check our Web site:
macombcountymi.gov/msuextension

- Calendar of upcoming programs
- Program descriptions
- Volunteer opportunities
- Past Healthy Bites issues

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MSU Extension - Food and Nutrition
21885 Dunham Road, Suite 12
Clinton Township, Michigan 48036
Phone: 586-469-6432